

Shot put handbook

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Males throw with a 7.26 kilogram shot

And females with a 4 kilogram shot

The shot put circle is 2.135 metres (7.00 ft) in diameter

Shot putters should try and stay in the ring when throwing

Before starting I'd advise to do a good warm up

It's best to use throwing shoes when throwing

As it's a lot better for the knees and ankles

as it makes moving around on the balls of the feet

a lot easier and smoother

Placing the shot:

The shot put should be placed on the fingers

The shot is placed in the neck against the jaw or a little
bit behind against the jaw

Be careful not to make too much throws per training

12 to 18 throws should be enough and reduces the chance of injuries

Power position or power stance:

Assuming a power stance

One leg in front one leg behind

The hips and shoulders should form an X seen from above

And the toes and knee should form a line with the chest

And 70 to 80 percent of the bodyweight should be on the back leg
or the leg which is leaned on

and 20 to 30 percent of the weight on the front leg

The non throwing arm is held in front of the body

A good throw is made doing the triple extension

Extending the feet, knees and hip

To create a kinetic chain together with the twisting of the upper
body and the use of the shoulders and the arm

The upper body should be strong enough to support the chain
and add additional power

Most power comes from the legs and hip

Use weightshifting (that's why 70-80 percent of the weight is on the back leg)
for even further throws

Inverted C:

The body creates somewhat of what is called an inverted C while just after the power position
and the beginning of the throw

A lot of energy is stored produced and released this way

The glide:

Starting at the beginning of the ring

While facing the non throwing direction one leg is lifted off the floor
the body is bent and one knee bent

And then a glide motion is made to the other side of the circle
assuming a power stance

first the standing leg pushes off while the other leg then makes
a kicking or a swaying motion backwards

Some people make a small hopping motion without leaving the ground before starting the glide

Most gliders place the shot a little bit more forward against the jaw
than rotational shot putters do

A good glide training is hopping along a line in the glide starting
position with one leg off the floor and a bent body

Another good training is standing in the beginning position and
putting the non standing leg towards the other side of the circle
and then pulling back the other leg towards a power stance

The rotational:

-It's hard to explain the rotational in words it's probably best to just
watch a shot put video

Is mostly learned by first doing a semi rotation

The rotational starts by doing a twist up or wind up to the other side of
which you're going to move to this is to create tension

You should try and maintain this tension until the throw and use it

Then the left foot turns in and the left arm moves to the side

Then the right foot makes a swaying or somewhat kicking motion
with on the end a somewhat kneeing motion is made

Then there's a short air time

Then the right foot is placed and the left foot follows as soon as possible
to come into a power stance and then the throw is made

Don't forget to use the non throwing arm to block or to create
extra rotational force

Most rotational shot putters place the shot somewhat more backward against the jaw
than gliders do

A good active left foot and leg while doing the rotational can result in further throws

Types of throwing:

Active release

-The feet come loose from the ground, sometimes a small jump
-just pivoting and rotating afterwards can
also be called an active release

Fixed feet release

-The feet stay fixed on the ground

Fixed feet release almost never happens in shot put

Pivot drills:

First get used to standing on the balls of the feet

Is done by pivoting on the balls of the feet
while rotating

90 degree turns

180 degree turns

270 degree turns

360 degree turns

Some people can even do turns between 450 and 720

Tip:

In competition be careful not to walk out of the ring to the throwing
direction as the throw will then be declared a foul

Walk out of the ring to the non throwing direction

Warming up with the shot:

Throw the shot from the right or left hand to the other hand

at around hips or slightly lower than hips height

This can also be done behind the back the shot than circles

around the body by throwing it from one hand to another

You can also throw the shot from one hand to another by lifting

the leg up and throwing it from under the leg to the other hand

Another thing is just holding the shot while the shot is facing down

this requires a lot of finger strength

Another fun thing to do is catch the shot after doing one full circle

around the shot with the hand

Be careful the shot doesn't hit the hand

Do plyometrics like push ups and squats for overall conditioning.

Rocket jumps are also very useful

Strength power and explosiveness training

Trainings like weightlifting and short sprinting can be done

to develop strength power and explosiveness

Tip:

Also do flexibility training.

Do leg flexibility training for the glide